Revitalizing PET CARE

THE DR. PAM UNLEASHED PODCAST | POCKET GUIDE

EPISODE 14:

GUT CHECK: REWRITING YOUR DOG'S HEALTH STORY

Before You Test: Set the Stage for Clear Answers

Three simple steps. A little prep. Way better answers.

Gut tests can unlock powerful insights — but timing matters.

You're not imagining things: your dog's just not right. Their coat's dull, they're aging too fast, their belly's acting up again. You want to help, but testing too early can leave you chasing symptoms, not fixing the root.

This is where smart prep changes everything.

If your dog's in crisis, test now to stabilize. But if you've got time? A few simple steps now can give you clearer results and better outcomes.

Your 3-Step Pre-Test Setup

Step 1: Switch to Whole Food Nutrition (~1 week)

- Why: Cools inflammation, removes reactive triggers
- What: Real food, tailored to your dog's needs
- Bonus: Starts shifting symptoms fast

Step 2: Reboot Gastric Biochemistry (4–6 weeks)

- Why: You can't fix the gut if the upper digestive system is broken
- Supports:
  - Stomach acid
  - Enzymes
  - Bile flow
  - Nutrient absorption

Observable Signs Your Gastric Biochemistry Needs Help:

☐ Red line of gingivitis (not related to teeth) ☐ Bad breath (not dental) ☐ Burping
☐ Gas ☐ Gurgling ☐ Smacking ☐ Hard swallowing ☐ Loss of coat pigment/gloss
☐ Pigment loss: nose, pads, eyeliner, lip liner

Step 3: Now You're Ready to Test

- Why wait: You've cleared the chaos — now you'll see what actually needs fixing
- When to skip prep: If your dog is declining quickly, test immediately to stabilize

The Bottom Line:

"Testing tells you what's there. Prepping first tells you what's real."



Ready to Get Clear Answers?

We guide you through the complete preparation process - diet optimization, gastric biochemistry reboot, and targeted microbiome protocols.

Our Care Plans are designed to maximize your results and get your dog thriving.

EXPLORE CARE PLANS AT REVITALIZINGPETCARE.COM.